

This listing of the claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

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1. (Amended) A body support device comprising:

an underside portion having a plurality of steps, each step adapted for placement on an edge portion of an elevated surface, wherein the plurality of steps provide a plurality of different placements of the underside portion on the edge portion of the elevated surface; and

an upper side portion adapted for leaning thereon by a person; ~~and~~

~~wherein placement of said underside portion on the edge portion of the elevated surface and leaning toward and contacting said upper side portion by the person provides upper body support for the person.~~

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2. (Amended) A body support device as defined in claim 1,

wherein said plurality of steps provide underside portion is shaped for a plurality of different height adjustable placements of said body support device on the edge portion of the elevated surface.

3. (Amended) A body support device as defined in claim 1,

wherein said plurality of steps provide underside portion is shaped for a plurality of different adjusting the distance placements of said body support device from the edge portion of the elevated surface.

4. (Amended) A body support device as defined in claim 1,

further comprising a weight, each step adapted to receive the weight, wherein the weight is added to a portion of said body support device positioned above the elevated surface when said underside portion is placed on the edge portion of the elevated

surface, ~~wherein said weight is adapted~~ to maintain said body support device on the edge portion of the elevated surface.

5. (Original) A body support device as defined in claim 4, further comprising a plurality of cavities, wherein each cavity is adapted for insertion of said weight therein.

6. (Amended) A body support device as defined in claim 1, said underside portion ~~comprising a surface~~ adapted for frictional engagement with the edge portion of the elevated surface.

al 7. (Original) A body support device as defined in claim 1, further comprising means for removably fastening said body support device to the elevated surface.

8. (Original) A body support device as defined in claim 1, further comprising means for receiving a belt, said belt removably fastening said body support device to the person.

9 (Original) A body support device as defined in claim 1, said upper side further adapted to provide support for the person's elbows when leaning over the elevated surface.

10. (Original) A body support device as defined in claim 1, wherein said upper side portion is adapted for leaning thereon by a person in a standing position.

11. (Original) A body support device as defined in claim 1, wherein said upper side portion is adapted for leaning thereon by a person in a seated position.

12. (Original) A body support device as defined in claim 1, wherein said upper side portion comprises a flexible material.

13. (Original) A body support device as defined in claim 12, wherein said flexible material is water resistant.

14-35: (Cancelled)

36. (Amended) A method for supporting the body of a person when leaning over an elevated surface comprising:

placing a removable body support device on an edge portion of the elevated surface, the body support device comprising an underside portion adapted for placement on an edge portion of the an-elevated surface and an upper side portion adapted for leaning thereon by a person;

leaning toward the body support device by the person; and

contacting the body support device with a waist region of the person when leaning over the elevated surface.

37. (Original) The method as defined in claim 36, further comprising maintaining the body support device on the edge portion of the elevated surface when a person is not contacting the body support device.

38. (Original) The method as defined in claim 37, wherein said body support device is maintained by adding at least one weight to a portion of the body support device positioned above the elevated surface when placing the body support device on the edge portion of the elevated surface.

39. (Original) The method as defined in claim 37, wherein said body support device is maintained by releasably fastening the body support device to the edge portion of the elevated surface.

al 40. (Original) The method as defined in claim 37, wherein said body support device is maintained by frictionally engaging the underside portion of the body support device with the edge portion of the elevated surface.

41. (Original) The method as defined in claim 36, further comprising adjusting the height and distance of the body support device from the edge portion of the elevated surface, wherein the underside portion is shaped for adjusting the height and distance of the body support device from the edge portion of the elevated surface.

42. (Original) A method for supporting the body of a person when leaning over an elevated surface comprising:

fastening a body support device to a person, the body support device comprising an underside portion adapted for placement on an edge portion of the elevated surface and an upper side portion adapted for leaning thereon by the person;

leaning toward the elevated surface;

placing the underside portion on the edge portion of the elevated surface; and

leaning on the outer side of the body support device when leaning over the elevated surface.

43. (Original) The method as defined in claim 42, further comprising:  
removing the body support device from the elevated surface by the person moving away from the elevated surface;  
leaning toward a second elevated surface;  
placing the underside portion of the body support device on an edge portion of the second elevated surface; and  
leaning on the outer side of the body support device when leaning over the second elevated surface.

44. (Amended) A method for supporting the body of a person when leaning over an elevated surface comprising:  
placing a body support device on an edge portion of the elevated surface, the body support device comprising a first portion having an inner side and an outer side, and a second portion having an inner side and an outer side, ~~the second portion being detachably attached to the first portion;~~  
placing a weight on a portion of the body support device disposed on top of the elevated surface;  
leaning toward the body support device;  
contacting the body support device when leaning over the elevated surface.

45. (Amended) The method as defined in claim 44, wherein said placing of the body support device comprises placing the inner side of the first

portion on top of the elevated surface and the inner side of the second portion on a side of the elevated surface.

46. (Amended) The method as defined in claim 44, wherein said placing of the body support device comprises placing the inner side of the second portion on top of the elevated surface and the inner side of the first portion on a side of the elevated surface.

47-50: (Cancelled)

51. (Original) The method as defined in claim 44, further comprising adjusting the height and distance of the body support device from the edge portion of the elevated surface, wherein the inner side portion of the first portion and the inner side portion of the second portion are shaped for adjusting the height and distance of the body support device from the edge portion of the elevated surface.

52. (New) The method of claim 44, further comprising fastening the body support device to a waist region of a person.

53. (New) A body support device comprising:  
an underside adapted for placement on an edge portion of an elevated surface;  
an upper side adapted for leaning thereon by a waist region of a person;  
and  
a weight;

wherein the weight placed on a portion of the body support device disposed on top of the elevated surface maintains the body support device on the edge portion of the elevated surface.

54. (New) An upper body support device as defined in claim 53, the underside comprising a plurality of steps, each step adapted for placement on the edge portion of the elevated surface, wherein the plurality of steps provide a plurality of different placements of the underside portion on the edge portion of the elevated surface.

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55. (New) An upper body support device as defined in claim 54, wherein said plurality of steps provide a plurality of different height placements of said body support device on the edge portion of the elevated surface.

56. (New) An upper body support device as defined in claim 54, wherein said plurality of steps provide a plurality of different distance placements of said body support device from the edge portion of the elevated surface.

57. (New) An upper body support device as defined in claim 54, wherein each step is adapted to receive the weight.

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